

Being diabetic and using tobacco products is very risky. In addition to aggravating problems that diabetics already face, such as heart and blood vessel disease, continued use of tobacco products can cause the following:

- People with diabetes are three times as likely to die of cardiovascular disease. Using tobacco and being diabetic makes you eleven times more likely to die of a heart attack or stroke.
- Using tobacco raises your blood sugar levels making it harder to control your diabetes. Smoking ONE cigarette reduces the body's ability to use insulin by 15%.
- After a cigarette it takes 10-12 hours before the insulin resistance starts to improve.
- Smoking damages and constricts the blood vessels. This damage can worsen foot ulcers and lead to blood vessel disease and leg and foot infections.
- Smokers with diabetes are more likely to develop nerve damage (neuropathy) and kidney disease (nephropathy).
- Smoking and diabetes increases your chance of permanent vision loss or blindness.
- Smokers with diabetes have more problems with dental disease, bleeding gums and ulcers.

*Adapted from the American Diabetes Association.  
For more information contact the American Diabetes Association - [www.diabetes.org](http://www.diabetes.org)*



## WANT TO QUIT?

**Prepare yourself mentally** – Think of the positive aspects of quitting, such as improved health, better smelling breath, and more money in your pocket. Remember – a positive attitude is the key to success. Quitting requires effort but is not impossible. You can join the millions who have quit.

**Learn from past attempts** – Do not be discouraged if this is not the first time you have tried to quit. Sometimes it takes 2 or 3 times to finally quit. Keeping a “tobacco use” log for several days can help identify triggers that increase your desire to use and help you plan ways to beat the urge. Your chances for success increase with every attempt.

**Set a target date for quitting** – Make a promise to that date and tell others. Do not let anything change it. Celebrate your quit day as the start of your tobacco-free life.

**Know what to expect** – Prepare yourself for the tobacco urge to hit and have a plan to handle it. Stock up on sugar free hard candies, gum, mouthwash, and mints. Be sure to drink plenty of fluids, especially water, to wash the nicotine out of your body. Remember withdrawal symptoms are temporary and are signs that the body is starting a healing process.

**Involve someone else** – Ask a friend or spouse to quit with you or to support you in your effort. Consider joining a support group or attending a tobacco cessation program.

**Recognize and avoid tempting situations** – Don't be caught unaware! Find new habits that make using tobacco difficult. Brush your teeth after each meal instead of using tobacco. Take a walk instead of a coffee break, but avoid smoking areas. Use the four D's to fight a craving: **Delay, Deep breathing, Drink water, Do something.** Remember, these feelings will only last a short while and will be less frequent as time goes on. Hang in there!

**Avoid the weight gain trap** – Weight gain is a major concern for many individuals who quit using tobacco. However, studies show the average weight gain for those who quit is only five to ten pounds and weight gain can be prevented with a sensible diet and proper exercise. Contact the Certified Diabetes Educators at the MAMC Diabetes Care Center—they'll work with you to design your own personal action plan so you can maintain a healthy weight and avoid the weight gain trap!

**American Lung Association: 1-877-695-7848**

### ON-LINE RESOURCES:

[www.ucanquit2.org](http://www.ucanquit2.org)

[www.becomeanex.org](http://www.becomeanex.org)

### MAMC Tobacco Cessation Clinics:

Okubo Family Medicine Clinic patients  
call 966-7547

Family Medicine patients call 968-2637/6512 or  
1-800-404-4506

Winder Family Medicine Clinic patients can  
sign-up inside at the “Specialty Clinic” inside

All other patients call TRICARE at 1-800-404-4506

**Unit/FRG training available by calling 968-4387**

**For more information, please contact:**

**MADIGAN HEALTHCARE SYSTEM**  
Dept of Preventive Medicine  
Tobacco Cessation Program Coordinator  
(253) 968-4387

